

# I'm Bored

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Beginner Level Dance. Choreographed by: Ole Jacobson (GER) & Nina K (GER) Jan 2021 Choreographed to: I'm Bored by Amber Lawrence (LD-Version) Intro: 8 Counts. Start on vocal at approx 5 secs.

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# SEC 1 WALK, WALK, SHUFFLE FWD, STEP ¼ TURN RIGHT, SHUFFLE A CROSS

- 1,2 RF step forward, LF step forward
- 3&4 RF step forward, place LF next to RF, RF step forward
- 5.6 LF Step forward, <sup>1</sup>/<sub>4</sub> turn right (3:00)
- 7&8 Cross LF over RF, RF small step to the right, cross LF over RF

#### SEC 2 SWAY, BEHIND, SIDE, CROSS, SWAY, SAILOR TURN 1/4 LEFT

- 1 Step RF to the right and swing your hips to the right
- 2 Shift your weight on your LF and swing your hips to the left
- 3&4 Place RF behind LF, step LF to the left, cross RF over LF
- 5 Step LF to the left and swing your hips to the left
- 6 Shift weight on RF and swing hips to the right
- 7&8 1/4 L-turn, LF step back, place RF next to LF, LF small step forward (12:00)

## SEC 3 HEEL FWD, TOE BACK, SHUFFLE FWD, PIVOT TURN 1/2 RIGHT, SHUFFLE FWD

- 1,2 Touch RF heel forward, touch RF back
- 3&4 RF step forward, place LF next to RF, RF step forward
- 5.6 LF step forward, <sup>1</sup>/<sub>2</sub> turn right (6:00)
- 7&8 LF step forward, put RF next to LF, LF step forward

## SEC 4 ROCKING CHAIR, JAZZBOX WITH 1/4 TURN RIGHT

- 1,2 RF step forward, shift weight to LF
- 3.4 RF step back, shift weight to LF
- 5.6 Cross RF over LF, <sup>1</sup>/<sub>4</sub> turn right, LF step back (9:00)
- 7.8 RF small step to the right, LF small step forward

